



# EYFS

## fundamental movement activities

Hula hoops can be so much fun at home and are very good for developing core strength and co-ordination. Make sure your hoop is heavy enough to have a good spin.

Stand with your feet slightly apart with one foot further forward than the other and simply rock backwards and forwards. This should give a rhythmic movement which allows the hoop to keep moving.

Hula hoop challenge. Who can keep the hoop rotating for the longest time?

Who can jump whilst hula hooping?

Who can fall onto knees and rise back up whilst hula hooping?

Can you turn around without losing control of the hoop?

Who can walk from one end of the house to the other whilst hula hooping?

Hula hoop bumper cars are always exciting where two people try to knock each others hoop down.